ABSTRACT OF THE DISCLOSURE

A wireless communication method and a wireless communication apparatus, in which standby power is efficiently reduced and throughput is rarely affected, are provided.

A terminal station enters a reception standby state of waiting for data that arrives from another station at a step [1]. Then, when data is received from another station at a step [2], whether the data is addressed thereto or addressed to another station is judged at a step [3]. If the data is addressed to another station, the terminal station returns to the reception standby state. Also, if the data is judged to be addressed thereto at the step [3], the arrival time of data is stored and estimated arrival time $\triangle t$ is computed at a step [4]. In case that it is not possible to compute the estimated arrival time $\triangle t$, the terminal station returns to the reception standby state again and collects differential time $\triangle T$ between the previous time. Then, when values of the differential time $\triangle T$ to compute the estimated arrival time $\triangle t$ are sufficiently obtained, the estimated arrival time $\triangle t$ is computed at the step [4] to enter a sleep state at a step [5] for only an estimated arrival time $\triangle t$.